

The Weekly Splash

June 8, 2010

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CRAA Long Course Kick Off

CRAA co-hosted the Long Course Kick-off with the Iowa City Eels last weekend. Overall, CRAA's swimmers had quite the impressive weekend with many time drops. For the weekend, CRAA swimmers achieved twelve new "Q" times qualifying for the state meet in August. A special congratulation goes to Kelsey Drake, who set a new team record in the 11-12 Girls 100 Butterfly with a time of 1:12.66. Kelsey breaks the five year-old record of 1:13.25. Way to go swimmers!

Complete results for this meet are located on the CRAA web site at www.craa.org.

A Note from Phil Barnes - Long Course Kick Off – Thank you

I'd like to publicly thank the meet director's, volunteers, staff and swimmers for a great meet this past weekend. Coaches went out their way at the end of the meet to find me to congratulate the club on a well run meet. Meet Directors Dave Grinde and KJ Ford, Coach Bobby, Brian and Wendy worked hard over the past week to pull this together and coordinate with the Iowa City Eels. Parents, families and friends helped run a very successful competition, in many cases working many sessions to make sure the swimmers could have the best opportunity to perform. And perform they did - there were some great swims for this time of the season.

Special thanks also go to the parents and families who came forward to help with CRAA frantic pleas for help at the last minute. Many of the volunteers that stepped up to help had already worked many times the number of required family work sessions for the year. Thank you for going above and beyond the required minimum.

This was the final hosted meet for this season so now a request for those who would like to help out more - we are looking for more officials and people to assist in some of the more technical roles such as the timing equipment and computer (to help James Broghammer and Brian Hughes so they don't have to hold the fort by themselves organizing the events and running the computers). There will be another officials class the week after next at the Washington High School pool starting Tuesday 15th of June from 6pm for an hour, and then continuing for the following two nights (for an hour each time). If you're interested, please contact either myself (gpbarnes@aol.com) or Dave Grinde (davidgrinde@yahoo.com).

Thanks again, Phil Barnes

And a special thank you should go to Phil and Kerry Barnes too. Phil also contributed many hours helping with preparation for the meet and both he and his wife, Kerry, worked throughout the meet as meet referee and stroke and turn judges. Thank you!

Ames' Rock the Blocks Jam

The meet information for the Ames' Rock the Blocks Jam Swimming Invitational meet has been posted on the CRAA website at <http://www.craa.org/Meets-Summer-2010.html>. This meet will held on the weekend of June 11-13, 2010 in Ames, Iowa. This meet is a three-day Long-Course meet.

The following swimmers have entered this meet:

Morgan Chambers	Casey Gannon	Maddie Gannon	Sarah Gannon
Jackie Hughes	Jenny Hughes	Jill Hughes	Samantha Puk
Olivia Squire	Zoe Taylor	Sarah Wodnik	Lydia Yang
Christian Anton	Logan Barnes	Morgan Barnes	Nathan Homan
Ian Hoover-Grinde	Matt Jackson	Cameron Kelley	Stefan Kitsos
Sami Scheetz	Ryan Taylor		

Waves Registration

Registrations for the 2010 Waves Summer League team are now being accepted by CRAA. The Waves is a swim team that CRAA sponsors and competes in the Cedar Rapids Parks and Recreation Summer Swim League. In order to receive a Waves t-shirt and swim cap, swimmers must be registered by Wednesday, June 9.

More information about the Waves is available on the CRAA web site.

The following swimmers have registered to swim with the Waves:

Nia Boentoro	Paige Broghammer	Morgan Chambers	Aubrey Colquhoun
Kelsey Drake	Amanda Fetters	Lauren Gifford	Bibiana Granadill
Jenny Hughes	Jill Hughes	Shannon Kelley	Kassidy Lovig
Kinzee Macho	Alicia Miltner	Emily Nelson	Rhiannon Smeby
Harli Steichen	Zoe Taylor	Delaney Thoma	Olivia Thoma
Maddie Vestweber			
Jonah Boentoro	Spencer Davis	Eric Ford	Ethan Ford
Josh Horth	Cameron Kelley	Daniel Lovig	Matt Peng
Samuel Peng	Tristen Perreault	Ryan Taylor	Ricky Taylor
Jeremy Thorndson	Micheal Welbes	Adam Wolff	

Mason City's River City Invitational Swim Meet

The meet information for the Mason City's River City Invitational swim meet has been posted on the CRAA website at <http://www.craa.org/Meets-Summer-2010.html>. This meet will be held on the weekend of June 26-27, 2010. This meet is a two-day long course meet. The following swimmers have already entered this meet. If you wish to still enter this meet, entries are still being accepted. Please complete that entry form from the CRAA web site or email Bobby at coachkelley@aol.com.

Rachel Brown	Kelsey Drake	Sarah Gannon	Jackie Hughes
Jenny Hughes	Jill Hughes	Shannon Kelley	Sami Puk
Quinn Taylor	Abbey Wharton	Kelly Wingerson	Sarah Wodnik
Christian Anton	Josh Hughes	Matt Jackson	Cameron Kelley
Stefan Kitsos	Carter Kramer	Gene Nassif	Ricky Taylor
Ryan Taylor			

Clinton's Stars of Tomorrow Invitational Swim Meet

The meet information for the Clinton's Stars of Tomorrow Invitational swim meet has been posted on the CRAA website at <http://www.craa.org/Meets-Summer-2010.html>. This meet will be held on the weekend of July 26-27, 2010. The new CRAA entry deadline for this meet is Monday, June 21, 2010.

Coaching Notes from the week of May 31-June 6, 2010

The following section will be included each week to report to the parents and swimmers what each practice group accomplished and focused on during the previous week's practices.

Junior Rookies

The swimmers worked on kicking this past week. The Rookies kicked using boards as well as kicking drills to isolate their kicking. The Junior Rookies have been swimming shorter lengths so they tire less easily and can work on going fast the entire length. They worked on flutter kicking and dolphin kicking on Tuesday, then moved to Breaststroke kicking on Wednesday, and a review on Thursday performing IM kick drills, as well as a review of the order of an IM during this kick set.

Junior I

The coaches at Jefferson continue to utilize the opportunity to practice using the width of the pool. The lane lines are removed from the pool and the swimmers perform kicking, drilling and swimming sets going widths of the pool. The swimmers continue to stay focused and work hard in this environment.

This group continues to work hard on not only the four strokes, striving for efficient and effective stroke demonstration, but also on the execution of good streamlining when pushing off the wall and when practicing starts from the deck and block. Special emphasis was spent on drills of each stroke that isolate and emphasize the reach on the arm stroke.

Junior II

The Junior II swimmers have been enjoying the addition of dry land exercises to the practice routine, to include sit ups, chair dips, pushups, flutter kicking, wheel barrow, and crab walk. Dry land is done a couple times a week, and a few of the above-mentioned exercises are performed. In the water, this group worked diligently; kicking, drilling, and sprinting, and the fruits of their labors were displayed at the Long Course Kick Off in Iowa City. Practices consisted of drills and short sprints, emphasizing a streamlined body position. Interspersed were longer sets of 100s, where the swimmers combined drilling and swimming within the 100. Quick kicking was also performed, as well as strong pushing off the walls and blocks followed by a tight streamline.

Silver Practice Group

Monday- Monday morning's practice began with a long warm-up in the mini long course pool. The swimmers then went into a set of Freestyle breath control swimming, focusing on good head position, followed by an aerobic Freestyle set with descending intervals where the swimmers were challenged to make as fast an interval as they were capable. They then went into some choice technique work focusing on loosening up their legs. Practice finished with a strong Freestyle kick set, and a stretch-out swim. The last 5 minutes was spent having some fun in the tiny diving well and doing a team building exercise where the swimmers needed to rely on each other and team work to get out of the pool.

Tuesday- Practice began with one round of the dry land circuit training focusing on agility and explosiveness. The swimmers then joined the senior practice group in watching a tutorial video on Butterfly done by Olympic gold medalist Michael Phelps and his coach. The video had a series of both underwater and above water shots of Phelps demonstrating good Butterfly technique and several drills. The swimmers then hopped into the pool, and after a brief warm-up, went into a series of butterfly drill focusing on building the Butterfly stroke and perfecting timing.

Wednesday- A shorter, speed oriented practice lead into an IM set with focus on transition turns and maximizing underwater swimming off walls. The swimmers then went into a strong set alternating IM swimming and flutter kicking. That was followed by a breath control set focusing on underwater dolphin kicking a 25, and then getting up and sprinting after depriving the body of oxygen. Practice was concluded with a freestyle technique set with focus on still head positioning while still getting good rotation. The swimmers then played an extremely competitive game of water polo using a physioball to cause the swimmers to tread water harder and use more core stretch to move the ball.

Thursday- After another round of dryland work, the swimmers entered the water and after a stretch-out swim, the swimmers began a game where they, as a team needed to guess the significance of the number four. They would swim a 400 of some combination of kicking, drilling and swimming, and after, they would get one unified team guess. If the guess was correct, they would be done with 400s. If the guess was incorrect, the coaching staff would give a hint and then send the swimmers on their next 400. After the correct guess, the swimmers spent the remainder of practice working on IM transition turn technique, focusing on staying low in the water, and leaving the wall at the proper angle.

Friday- After a longer warm-up, the swimmers went into a set of speed oriented kicking without a board, followed by a set of speed oriented Freestyle swimming. After a stretch-out swim, the remainder of the practice was spent working on starts and breakouts with an emphasis on getting up and racing. Practice ended with a brief game of Marco Polo.

Saturday Morning- CRAA Long Course Kick Off

Gold and Senior Practice Group

Monday AM Practice- Memorial Day – This aerobic practice's main set was four rounds of 33's with the first four kicking and drilling and three more done with smooth swimming while descending one to three. The total practice was 5,500 meters.

Tuesday PM Practice- After a 25 minute run, practice continued with a video about Michael Phelps' Butterfly technique. Once in the water, swimmers were given the opportunity to focus on Butterfly while performing many of the drills that Michael Phelps performed in the video.

Wednesday AM Practice- Practice started with swimmers being given the chance to continue working on their Butterfly techniques. Afterwards, the main set was a series of repeat 100's or 66's on an interval that varied from 1:40 to 1:20.

Wednesday PM Practice- This practice was an intense practice focusing on kicking both while kicking on a board and while swimming. The main set consisted of series of repeat 100's or 75's strong kicking that were followed by twelve fast 25's swimming.

Thursday PM Practice- After playing a game of ultimate Frisbee, the water workout consisted of a light aerobic practice that included a kick set and technique stroke work.

Friday AM Practice- The main set was a swing set of 50's alternating with one moderate Freestyle and one fast a stroke of their choice on a challenge interval. The challenge interval began at the 40 second mark and progressed getting one second faster each time until it reached the 25 second mark. The swimmers stepped up well and really pushed themselves with each swimmer being challenged. After the main set, the group did a power kick set in the deep end that included vertical kicking and dolphin push-offs from the bottom of the pool.

Saturday & Sunday- Long Course Kick Swim Meet- The Gold and Senior Swimmers who competed at the meet performed well. Many

Total weekly volume was 50 minutes of running, and 41,500 yards of swimming.